

TRACEN Petaluma CACFP WEEKLY- CHILD MENU (1-12 years)

Week/Month: _____ Cycle Week: A Fall/Winter REVIEWED BY: _____ DATE: _____

	Under 3	3 to 5	6 to 12	MEALS	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	¼ CUP	½ CUP	½ CUP	Fruit, Juice or Vegetables	Apples	Pears	Oranges	Strawberries	Bananas
	¼ CUP or ½ Slice	1/3 CUP or ½ Slice	1/3 CUP or ½ Slice	Cereal, Bread or Alt	French Toast (CN)w/ syrup	Cheerios	Biscuits (CN) w/ butter	Waffles (CN) w/ syrup	Pancakes w/ syrup
	½ Cup	¾ Cup	1 Cup	Fluid Milk	MILK	MILK	MILK	MILK	MILK
					Broccoli Cheese Soup (USDA H05)	Beef & Rice Casserole (USDA D07)	Baked Chicken (USDA D29)	BBQ Pork (USDA F08)	Fish Nuggets (CN)
LUNCH	1 Ounce	1½ Ounces	2 Ounces	Meat or Meat Alternate	Shredded Cheese	Ground Beef	Chicken	Ground Pork	Fish Nuggets
	1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	Saltine Crackers	Brown Rice	Roll	Whole Wheat Bun	Whole Wheat Pasta
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Vegetable	Chopped Broccoli	Diced Green Peppers, Onions, Celery & Tomatoes	Broccoli	Diced Onion & Tomato Paste	Green Beans
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Fruit	Mixed Fruit	Pineapple	Pears	Apples	Oranges
	½ CUP	¾ CUP	1 CUP	Fluid Milk	MILK	MILK	MILK	MILK	MILK
AFTERNOON SNACK (Select 1 each from 2 different food groups)	½ CUP ½ Ounce ½ Slice ½ CUP	½ CUP ½ Ounce ½ Slice ½ CUP	¾ CUP 1 Ounce 1 Slice 1CUP	Fruit, Juice, or Vegetable Meat or Alternate Bread or Alternate Fluid Milk	Cottage Cheese & Pineapple	Oatmeal Muffins (USDA A16) & Milk	Bagels w/cream cheese & Milk	Apples & Sliced Cheese	Chicken Salad (USDA E07) & Saltine Crackers

USDA-CACFP Non-Discrimination statement: The benefits of the Child Care Food Program are available to all enrolled children at no separate charge without regard to race, color, national origin, gender, religion, age, disability, or political beliefs, and that anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or Call 202-720-5964.